



Eating right, simplified.

2,800 Calorie Plan (Paleo) 5meals/day

DAY 1

Breakfast

7:00 AM

spinach, no salt, boiled	2 Cup(s)	83 cal
coconut vegetable oil	1/2 Tbsp	58 cal
sliced ham, extra lean, low-sodium	3 slices	83 cal
honeydew melon	1 cup	64 cal
omega 3 eggs	2 egg	140 cal
coconut water	2 Cup(s)	91 cal

MEAL TOTAL: **Calories** 518 cal / **Carbs** 50 g (37%) / **Protein** 38 g (28%) / **Fat** 21 g (35%) / **Fluid** 34

NOTES:

Snack

10:00 AM

blueberries	1 1/2 Cup(s)	124 cal
hazelnuts/filberts	1 1/4 oz	223 cal
cherry tomatoes	10 tomatoes	20 cal
coconut water	2 Cup(s)	91 cal

MEAL TOTAL: **Calories** 458 cal / **Carbs** 60 g (48%) / **Protein** 11 g (9%) / **Fat** 24 g (43%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

avocados	1/3 avocado	107 cal
drinking water	2 Cup(s)	0 cal
asparagus, boiled	12 spears	40 cal
green leaf lettuce	2 cup	11 cal
balsamic vinegar	1 1/2 Tbsp	21 cal
lamb meat, ground, cooked	5 oz	401 cal
beet greens, no salt, boiled	1 Cup(s)	39 cal
olive oil	1/3 Tbsp	40 cal

MEAL TOTAL: **Calories** 659 cal / **Carbs** 27 g (16%) / **Protein** 46 g (27%) / **Fat** 43 g (57%) / **Fluid** 33

NOTES:

Snack

3:00 PM

chicken, boneless, roasted	5 oz	237 cal
baby carrots	10 large	53 cal
almond beverage with calcium	1 1/2 Cup(s)	104 cal

MEAL TOTAL: **Calories** 393 cal / **Carbs** 29 g (30%) / **Protein** 38 g (39%) / **Fat** 13 g (31%) / **Fluid** 20

NOTES:



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Dinner

6:00 PM

spaghetti squash, no salt, cooked	1/2 Cup(s)	21 cal
broccoli, no salt, boiled	1 Cup(s)	55 cal
drinking water	2 Cup(s)	0 cal
nut crusted halibut (paleo)	2 serving	692 cal

MEAL TOTAL: **Calories** 767 cal / **Carbs** 29 g (21%) / **Protein** 87 g (63%) / **Fat** 9 g (16%) / **Fluid** 34

NOTES:

DAY 1 TOTAL: **Calories** 2,795 cal / **Carbs** 195 g (29%) / **Protein** 219 g (33%) / **Fat** 110 g (38%) / **Fluid** 143



Eating right, simplified.

DAY 2

Breakfast

7:00 AM

egg whites, cooked	6 large	103 cal
almond beverage with calcium	2 Cup(s)	139 cal
okra, no salt, boiled	2 cup	23 cal
strawberries	2 Cup(s)	92 cal
coconut vegetable oil	1/2 Tbsp	58 cal
bacon, low-sodium, cooked	3 slice cooked	130 cal

MEAL TOTAL: **Calories** 545 cal / **Carbs** 51 g (36%) / **Protein** 36 g (26%) / **Fat** 23 g (38%) / **Fluid** 34

NOTES:

Snack

10:00 AM

broccoli flower clusters	2 cup	40 cal
coconut water	2 Cup(s)	91 cal
macadamia nuts	1 oz	204 cal
lemon garlic turkey jerky	1 oz	85 cal

MEAL TOTAL: **Calories** 420 cal / **Carbs** 33 g (30%) / **Protein** 26 g (23%) / **Fat** 24 g (47%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

turkey breast, roasted	7 oz	270 cal
cherry tomatoes	10 tomatoes	20 cal
cauliflower, no salt, boiled	5 flowerets	21 cal
drinking water	2 Cup(s)	0 cal
sweet potato, no salt, baked	2 Cup(s)	360 cal

MEAL TOTAL: **Calories** 671 cal / **Carbs** 91 g (53%) / **Protein** 69 g (40%) / **Fat** 5 g (7%) / **Fluid** 34

NOTES:

Snack

3:00 PM

hazelnuts/filberts	1 oz	178 cal
apples	1 large	110 cal
dark chocolate bar	1/3 bar 1.45 oz	76 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 364 cal / **Carbs** 42 g (43%) / **Protein** 6 g (6%) / **Fat** 22 g (51%) / **Fluid** 22

NOTES:



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Dinner

6:00 PM

italian style venison pot roast (paleo)	2 serving	638 cal
green leaf lettuce	2 cup	11 cal
avocados	1/4 avocado	80 cal
onions	1/2 cup	23 cal
balsamic vinegar	1/2 Tbsp	7 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 759 cal / **Carbs** 21 g (11%) / **Protein** 108 g (58%) / **Fat** 25 g (31%) / **Fluid** 35

NOTES:

DAY 2 TOTAL: **Calories** 2,759 cal / **Carbs** 238 g (34%) / **Protein** 245 g (34%) / **Fat** 99 g (32%) / **Fluid** 144



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

honeydew melon	1 1/2 cup	96 cal
spinach, no salt, boiled	2 Cup(s)	83 cal
sliced ham, extra lean, low-sodium	4 slices	110 cal
coconut vegetable oil	1/2 Tbsp	58 cal
drinking water	1 Cup(s)	0 cal
omega 3 eggs	2 egg	140 cal
egg whites, cooked	8 large	137 cal

MEAL TOTAL: **Calories** 624 cal / **Carbs** 42 g (27%) / **Protein** 67 g (42%) / **Fat** 21 g (31%) / **Fluid** 37

NOTES:

Snack

10:00 AM

hazelnuts/filberts	1 1/2 oz	267 cal
blueberries	1 Cup(s)	83 cal
coconut water	1 1/2 Cup(s)	68 cal
apples	1 large	110 cal

MEAL TOTAL: **Calories** 528 cal / **Carbs** 71 g (50%) / **Protein** 11 g (7%) / **Fat** 27 g (43%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

balsamic vinegar	1 1/2 Tbsp	21 cal
drinking water	2 Cup(s)	0 cal
green leaf lettuce	2 cup	11 cal
avocados	1/3 avocado	107 cal
olive oil	1 Tbsp	119 cal
asparagus, boiled	10 spears	33 cal
coho salmon fish, cooked	8 oz	315 cal
beet greens, no salt, boiled	2 Cup(s)	78 cal

MEAL TOTAL: **Calories** 684 cal / **Carbs** 34 g (19%) / **Protein** 67 g (38%) / **Fat** 34 g (43%) / **Fluid** 39

NOTES:

Snack

3:00 PM

baby carrots	15 large	79 cal
egg whites, cooked	6 large	103 cal
sweet green peppers	1 1/2 cup	28 cal
almond beverage with calcium	2 Cup(s)	139 cal

MEAL TOTAL: **Calories** 348 cal / **Carbs** 48 g (55%) / **Protein** 26 g (30%) / **Fat** 6 g (15%) / **Fluid** 33

NOTES:



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Dinner

6:00 PM

spaghetti squash, no salt, cooked	2 Cup(s)	84 cal
broccoli, no salt, boiled	2 Cup(s)	109 cal
drinking water	1 Cup(s)	0 cal
meaty chili without beans (paleo)	2 serving	419 cal

MEAL TOTAL: **Calories** 612 cal / **Carbs** 62 g (39%) / **Protein** 47 g (29%) / **Fat** 23 g (32%) / **Fluid** 41

NOTES:

DAY 3 TOTAL: **Calories** 2,797 cal / **Carbs** 257 g (35%) / **Protein** 217 g (30%) / **Fat** 112 g (35%) / **Fluid** 173



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

almond beverage with calcium	2 Cup(s)	139 cal
coconut vegetable oil	1/2 Tbsp	58 cal
bacon, low-sodium, cooked	4 slice cooked	173 cal
okra, no salt, boiled	2 cup	23 cal
strawberries	2 Cup(s)	92 cal
egg whites, cooked	8 large	137 cal

MEAL TOTAL: **Calories** 623 cal / **Carbs** 51 g (33%) / **Protein** 47 g (29%) / **Fat** 27 g (38%) / **Fluid** 36

NOTES:

Snack

10:00 AM

lemon garlic turkey jerky	1 oz	85 cal
broccoli flower clusters	2 cup	40 cal
coconut water	2 Cup(s)	91 cal

MEAL TOTAL: **Calories** 216 cal / **Carbs** 30 g (52%) / **Protein** 23 g (40%) / **Fat** 2 g (8%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

sweet potato, no salt, baked	2 Cup(s)	360 cal
cherry tomatoes	10 tomatoes	20 cal
turkey breast, roasted	8 oz	308 cal
cauliflower, no salt, boiled	10 flowerets	41 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 730 cal / **Carbs** 95 g (51%) / **Protein** 79 g (42%) / **Fat** 6 g (7%) / **Fluid** 37

NOTES:

Snack

3:00 PM

dark chocolate bar	1/3 bar 1.45 oz	76 cal
drinking water	2 Cup(s)	0 cal
hazelnuts/filberts	1 1/2 oz	267 cal
apples	1 large	110 cal

MEAL TOTAL: **Calories** 453 cal / **Carbs** 45 g (37%) / **Protein** 8 g (6%) / **Fat** 31 g (57%) / **Fluid** 22

NOTES:



Eating right, simplified.

Dinner

6:00 PM

onions	1/4 cup	12 cal
drinking water	2 Cup(s)	0 cal
avocados	1/4 avocado	80 cal
balsamic vinegar	1/2 Tbsp	7 cal
butternut squash, no salt, boiled	2 cup	164 cal
green leaf lettuce	2 cup	11 cal
pork chops with rosemary (paleo)	2 serving	500 cal

MEAL TOTAL: **Calories** 774 cal / **Carbs** 56 g (28%) / **Protein** 54 g (27%) / **Fat** 40 g (45%) / **Fluid** 38

NOTES:

DAY 4 TOTAL: **Calories** 2,796 cal / **Carbs** 277 g (38%) / **Protein** 211 g (29%) / **Fat** 106 g (33%) / **Fluid** 153



Eating right, simplified.

DAY 5

Breakfast

7:00 AM

honeydew melon	2 cup	127 cal
drinking water	1 Cup(s)	0 cal
omega 3 eggs	2 egg	140 cal
spinach, no salt, boiled	2 Cup(s)	83 cal
coconut vegetable oil	1/2 Tbsp	58 cal
sliced ham, extra lean, low-sodium	4 slices	110 cal
egg whites, cooked	6 large	103 cal

MEAL TOTAL: Calories 621 cal / Carbs 50 g (31%) / Protein 60 g (39%) / Fat 21 g (30%) / Fluid 38

NOTES:

Snack

10:00 AM

hazelnuts/filberts	1 1/2 oz	267 cal
coconut water	2 Cup(s)	91 cal
cherry tomatoes	15 tomatoes	30 cal

MEAL TOTAL: Calories 388 cal / Carbs 32 g (31%) / Protein 11 g (11%) / Fat 27 g (58%) / Fluid 16

NOTES:

Lunch

12:00 PM

beet greens, no salt, boiled	2 Cup(s)	78 cal
green leaf lettuce	2 cup	11 cal
balsamic vinegar	2 Tbsp	28 cal
avocados	1/2 cup	117 cal
drinking water	2 Cup(s)	0 cal
asparagus, boiled	15 spears	50 cal
turkey breast, roasted	8 oz	308 cal

MEAL TOTAL: Calories 591 cal / Carbs 39 g (25%) / Protein 82 g (52%) / Fat 16 g (23%) / Fluid 42

NOTES:

Snack

3:00 PM

chicken, boneless, roasted	6 oz	284 cal
baby carrots	15 large	79 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: Calories 363 cal / Carbs 19 g (21%) / Protein 44 g (50%) / Fat 12 g (29%) / Fluid 27

NOTES:



Eating right, simplified.

Dinner

6:00 PM

nut crusted halibut (paleo)	2 serving	692 cal
spaghetti squash, no salt, cooked	2 Cup(s)	84 cal
drinking water	2 Cup(s)	0 cal
broccoli, no salt, boiled	1 Cup(s)	55 cal

MEAL TOTAL: Calories 830 cal / Carbs 44 g (29%) / Protein 88 g (56%) / Fat 10 g (15%) / Fluid 42

NOTES:

DAY 5 TOTAL: Calories 2,794 cal / Carbs 183 g (28%) / Protein 286 g (43%) / Fat 87 g (29%) / Fluid 164



Eating right, simplified.

DAY 6

Breakfast

7:00 AM

okra, no salt, boiled	2 cup	23 cal
almond beverage with calcium	2 Cup(s)	139 cal
strawberries	2 Cup(s)	92 cal
coconut vegetable oil	1/2 Tbsp	58 cal
egg whites, cooked	6 large	103 cal
bacon, low-sodium, cooked	4 slice cooked	173 cal

MEAL TOTAL: **Calories** 589 cal / **Carbs** 51 g (34%) / **Protein** 39 g (26%) / **Fat** 27 g (40%) / **Fluid** 34

NOTES:

Snack

10:00 AM

lemon garlic turkey jerky	1 1/2 oz	128 cal
macadamia nuts	1 1/2 oz	305 cal
coconut water	2 Cup(s)	91 cal
sweet green peppers	2 cup	37 cal

MEAL TOTAL: **Calories** 561 cal / **Carbs** 39 g (26%) / **Protein** 32 g (21%) / **Fat** 35 g (53%) / **Fluid** 21

NOTES:

Lunch

12:00 PM

turkey breast, roasted	8 oz	308 cal
cherry tomatoes	15 tomatoes	30 cal
sweet potato, no salt, baked	2 Cup(s)	360 cal
drinking water	2 Cup(s)	0 cal
cauliflower, no salt, boiled	10 flowerets	41 cal

MEAL TOTAL: **Calories** 740 cal / **Carbs** 97 g (51%) / **Protein** 80 g (42%) / **Fat** 6 g (7%) / **Fluid** 37

NOTES:

Snack

3:00 PM

dark chocolate bar	1/3 bar 1.45 oz	76 cal
apples	1 large	110 cal
almond beverage with calcium	2 1/2 Cup(s)	173 cal

MEAL TOTAL: **Calories** 360 cal / **Carbs** 65 g (69%) / **Protein** 4 g (4%) / **Fat** 11 g (27%) / **Fluid** 26

NOTES:



Eating right, simplified.

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
green leaf lettuce	2 cup	11 cal
olive oil	1/2 Tbsp	60 cal
onions	1/2 cup	23 cal
avocados	1/2 avocado	161 cal
balsamic vinegar	1/2 Tbsp	7 cal
spice-crusted chicken breast (paleo)	2 serving	321 cal

MEAL TOTAL: Calories 583 cal / Carbs 19 g (13%) / Protein 50 g (33%) / Fat 36 g (54%) / Fluid 27

NOTES:

DAY 6 TOTAL: Calories 2,831 cal / Carbs 271 g (37%) / Protein 205 g (28%) / Fat 114 g (35%) / Fluid 146



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
coconut vegetable oil	1/2 Tbsp	58 cal
omega 3 eggs	2 egg	140 cal
spinach, no salt, boiled	2 Cup(s)	83 cal
honeydew melon	2 cup	127 cal
shrimp, cooked	6 oz	202 cal
egg whites, cooked	6 large	103 cal

MEAL TOTAL: **Calories** 714 cal / **Carbs** 52 g (28%) / **Protein** 85 g (46%) / **Fat** 21 g (26%) / **Fluid** 48

NOTES:

Snack

10:00 AM

hazelnuts/filberts	1 1/2 oz	267 cal
coconut water	2 Cup(s)	91 cal
blueberries	1 Cup(s)	83 cal
apples	1 large	110 cal

MEAL TOTAL: **Calories** 551 cal / **Carbs** 75 g (50%) / **Protein** 11 g (8%) / **Fat** 28 g (42%) / **Fluid** 26

NOTES:

Lunch

12:00 PM

lamb meat, ground, cooked	5 oz	401 cal
green leaf lettuce	2 cup	11 cal
asparagus, boiled	10 spears	33 cal
avocados	1/3 avocado	107 cal
drinking water	2 Cup(s)	0 cal
balsamic vinegar	1 1/2 Tbsp	21 cal
beet greens, no salt, boiled	2 Cup(s)	78 cal

MEAL TOTAL: **Calories** 651 cal / **Carbs** 34 g (20%) / **Protein** 49 g (29%) / **Fat** 39 g (51%) / **Fluid** 37

NOTES:

Snack

3:00 PM

baby carrots	15 large	79 cal
chicken, boneless, roasted	6 oz	284 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 363 cal / **Carbs** 19 g (21%) / **Protein** 44 g (50%) / **Fat** 12 g (29%) / **Fluid** 27

NOTES:



Eating right, simplified.

Dinner

6:00 PM

spaghetti squash, no salt, cooked	2 1/2 Cup(s)	105 cal
broccoli, no salt, boiled	1 1/2 Cup(s)	82 cal
drinking water	2 Cup(s)	0 cal
mediterranean chicken (paleo)	2 serving	370 cal

MEAL TOTAL: Calories 556 cal / Carbs 43 g (29%) / Protein 54 g (37%) / Fat 22 g (34%) / Fluid 41

NOTES:

DAY 7 TOTAL: Calories 2,835 cal / Carbs 223 g (30%) / Protein 243 g (33%) / Fat 122 g (37%) / Fluid 178



Eating right, simplified.



1 Servings

nut crusted halibut (paleo)

Ingredients

halibut fish
6 oz

egg whites, cooked
1 large

almond flour
1/4 Cup(s)

black pepper
1/4 tsp

Nutrition Totals

Calories 346 / **Carbs** 7 g / **Protein** 41 g / **Fat** 4 g / **Fluid** 6 fl oz

Instructions

1. Place egg white in medium sized bowl.
2. Add desired amount of pepper to egg white.
3. Place almond flour on a plate.
4. Dip halibut in seasoned egg white until well coated.
5. Place egg-coated fish in nut flour. Coat both sides thoroughly with almond flour.
6. Place coated fish on oiled baking sheet and bake at 450 degrees until cooked through (approx. 10-15 min.).



Eating right, simplified.

Nutrition Label

Nut Crusted Halibut (Paleo)		
Amount Per Serving		
Calories		346
		% Daily Value*
Total Fat	4.3g	7%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	83.3mg	28%
Sodium	152mg	6%
Total Carbohydrates	6.5g	2%
Dietary Fiber	0.1g	1%
Total Sugar	2.2g	
Protein	41.1g	
Vitamin D	323.1IU	54%
Calcium	76mg	8%
Iron	2.1mg	12%
Potassium	800.6mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		



4 Servings

italian style venison pot roast (paleo)

Ingredients

celery

1 cup

onions

1 medium

black pepper

1/2 tsp

olive oil

1 Tbsp

deer/venison meat, lean, cooked

2 lb

garlic

1 clove

beef stock

4 fl. oz.

Nutrition Totals

Calories 1275 / **Carbs** 15 g / **Protein** 211 g / **Fat** 36 g / **Fluid** 29 fl oz

Instructions

1. In Dutch oven, heat olive oil over medium heat.
2. Add venison roast and brown roast on all sides.
3. Season with black pepper..
4. Crush garlic.
5. Add garlic to the combined remaining ingredients.
6. Pour over pot roast.
7. Cover and bake for 3 to 4 hours at 300 degrees.



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Nutrition Label

Italian Style Venison Pot Roast (Paleo)	
Amount Per Serving	
Calories	319
% Daily Value*	
Total Fat 8.9g	14%
Saturated Fat 2.6g	13%
Trans Fat 0g	
Cholesterol 192.7mg	64%
Sodium 137.2mg	6%
Total Carbohydrates 3.7g	1%
Dietary Fiber 0.9g	4%
Total Sugar 1.6g	
Protein 52.6g	
Vitamin D 0IU	0%
Calcium 30.3mg	3%
Iron 7.8mg	44%
Potassium 833.5mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Eating right, simplified.



4 Servings

meaty chili without beans (paleo)

Ingredients

onions

1 medium

garlic

1 clove

almond flour

3/4 Tbsp

tomatoes

3 Cup(s)

pork sausage, raw

4 oz

ground beef, lean

8 oz

chili powder

2 tsp

oregano, dried

2 tsp

Nutrition Totals

Calories 838 / **Carbs** 39 g / **Protein** 74 g / **Fat** 42 g / **Fluid** 28 fl oz

Instructions

1. Add the ground beef and sausage to a dutch oven or large cast iron skillet. Break meat into small pieces with spoon as it cooks.
2. While the meat is browning, dice the onions, and mince the garlic. Add to meat mixture.
3. Cook over medium heat until the meat is browned and the onions and garlic are cooked through.
4. Drain off the pan drippings.
5. Stir in the chili powder, almond meal, oregano, and salt.
6. Cover and simmer for 20 minutes, stirring occasionally.
7. Add the tomatoes and simmer for 1 hour.



Eating right, simplified.

Nutrition Label

Meaty Chili Without Beans (Paleo)		
Amount Per Serving		
Calories		210
		% Daily Value*
Total Fat	10.5g	16%
Saturated Fat	3.9g	20%
Trans Fat	0.2g	
Cholesterol	64.2mg	21%
Sodium	183.1mg	8%
Total Carbohydrates	9.7g	3%
Dietary Fiber	3.1g	12%
Total Sugar	5.2g	
Protein	18.5g	
Vitamin D	17.8IU	3%
Calcium	49.8mg	5%
Iron	2.7mg	15%
Potassium	680.8mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

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Eating right, simplified.



4 Servings

pork chops with rosemary (paleo)

Ingredients

pork tenderloin
16 oz

olive oil
4 Tbsp

rosemary, dried
2 Tbsp

garlic
1 clove

Nutrition Totals

Calories 1000 / **Carbs** 6 g / **Protein** 96 g / **Fat** 65 g / **Fluid** 12 fl oz

Instructions

1. Crush garlic.
2. Add garlic and remaining ingredients to large resealable bag.
3. Marinate pork chops in oil and spices for at least one hour in the refrigerator.
4. Preheat large skillet over medium heat.
5. Add pork chops and marinade from bag to skillet.
6. Cook pork chops, flipping at least once to brown both sides, to desired degree of doneness.



Eating right, simplified.

Nutrition Label

Pork Chops With Rosemary (Paleo)		
Amount Per Serving		
Calories		250
		% Daily Value*
Total Fat	16.2g	25%
Saturated Fat	2.7g	14%
Trans Fat	0g	
Cholesterol	73.7mg	25%
Sodium	61.3mg	3%
Total Carbohydrates	1.4g	0%
Dietary Fiber	0.7g	3%
Total Sugar	0g	
Protein	23.8g	
Vitamin D	9IU	2%
Calcium	30.2mg	3%
Iron	1.7mg	10%
Potassium	472.7mg	
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4 Servings

spice-crusted chicken breast (paleo)

Ingredients

black pepper

1 tsp

cumin ground

3 tsp

chicken breast, boneless skinless

16 oz

olive oil

1 Tbsp

Nutrition Totals

Calories 643 / **Carbs** 4 g / **Protein** 94 g / **Fat** 29 g / **Fluid** 12 fl oz

Instructions

1. Preheat broiler. Lightly spray broiler pan with olive oil cooking spray.
2. Lightly toast coriander, cumin and pepper, in a small sauce pan. Stir frequently for approximately 45 seconds.
or until aromatic.
3. Transfer to a small bowl and set aside.
4. Flatten chicken breasts between two pieces of plastic, with cooking mallet or rolling pin.
5. Brush both sides of the chicken with olive oil.
6. Sprinkle spice mixture evenly over both sides of chicken breasts.
7. Place breasts on broiler rack and broil each side for approximately 4-5 minutes, or until cooked through and juices run clear.



Eating right, simplified.

Nutrition Label

Spice-Crusted Chicken Breast (Paleo)		
Amount Per Serving		
Calories		161
		% Daily Value*
Total Fat	7.1g	11%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	72.5mg	24%
Sodium	196.3mg	8%
Total Carbohydrates	0.9g	0%
Dietary Fiber	0.1g	1%
Total Sugar	0g	
Protein	23.3g	
Vitamin D	2.2IU	0%
Calcium	8mg	1%
Iron	0.4mg	3%
Potassium	383.4mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		



Eating right, simplified.



4 Servings

mediterranean chicken (paleo)

Ingredients

chicken breast, boneless skinless
16 oz

olive oil
2 Tbsp

lemon juice
2 Tbsp

garlic
1 clove

Nutrition Totals

Calories 740 / **Carbs** 3 g / **Protein** 92 g / **Fat** 41 g / **Fluid** 13 fl oz

Instructions

1. Crush garlic clove.
2. Place garlic and remaining ingredients in large resealable bag. Marinate in the refrigerator for 8-12 hours.
3. One hour before serving, preheat oven to 450 degrees.
4. Line a baking sheet with foil, and place chicken and marinade on pan.
5. Place pan in oven, then reduce heat to 325 degrees.
6. Bake for 35-45 minutes, or until chicken is cooked through and the juices run clear.



Eating right, simplified.

Nutrition Label

Mediterranean Chicken (Paleo)		
Amount Per Serving		
Calories		185
% Daily Value*		
Total Fat	10.1g	16%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	72.5mg	24%
Sodium	196.5mg	8%
Total Carbohydrates	0.7g	0%
Dietary Fiber	0g	0%
Total Sugar	0.2g	
Protein	23.1g	
Vitamin D	2.2IU	0%
Calcium	7.5mg	1%
Iron	0.4mg	2%
Potassium	387.4mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

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Eating right, simplified.

Shopping List

Beef

ground beef, lean

4 oz

lemon garlic turkey jerky

3.5 oz

Beverages

almond beverage with calcium

12 Cup(s)

coconut water

15.5 Cup(s)

drinking water

39 Cup(s)

Dairy & Egg

egg whites, cooked

50 large

omega 3 eggs

8 egg

Desserts

dark chocolate bar

0.99 bar 1.45 oz

Fats & Oils

coconut vegetable oil

3.5 Tbsp

olive oil

5.83 Tbsp

Finfish & Shellfish

coho salmon fish, cooked

8 oz

halibut fish

24 oz

shrimp, cooked

6 oz

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Eating right, simplified.

Fruits & Juices

apples
5 large
avocados
1.99 avocado
0.5 cup
blueberries
3.5 Cup(s)
honeydew melon
6.5 cup
lemon juice
1 Tbsp
strawberries
6 Cup(s)

Ingredients

almond flour
1 Cup(s)
0.38 Tbsp
balsamic vinegar
8 Tbsp

Lamb, Veal, Game

deer/venison meat, lean, cooked
1 lb
lamb meat, ground, cooked
10 oz

Nuts & Seeds

hazelnuts/filberts
8.25 oz
macadamia nuts
2.5 oz

Pork

bacon, low-sodium, cooked
11 slice cooked
pork tenderloin
8 oz

Poultry

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Eating right, simplified.

chicken, boneless, roasted

17 oz

chicken breast, boneless skinless

16 oz

turkey breast, roasted

31 oz

Sausages & Meats

pork sausage, raw

2 oz

sliced ham, extra lean, low-sodium

11 slices

Soup

beef stock

2 fl. oz.

Spices & Herbs

black pepper

1.75 tsp

chili powder

1 tsp

cumin ground

1.5 tsp

oregano, dried

1 tsp

rosemary, dried

1 Tbsp

Vegetables

asparagus, boiled

47 spears

baby carrots

55 large

beet greens, no salt, boiled

7 Cup(s)

broccoli, no salt, boiled

5.5 Cup(s)

broccoli flower clusters

4 cup

butternut squash, no salt, boiled

2 cup

cauliflower, no salt, boiled

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Eating right, simplified.

25 flowerets

celery

0.5 cup

cherry tomatoes

60 tomatoes

garlic

2 clove

green leaf lettuce

14 cup

okra, no salt, boiled

6 cup

onions

1 medium

1.25 cup

spaghetti squash, no salt, cooked

7 Cup(s)

spinach, no salt, boiled

8 Cup(s)

sweet green peppers

3.5 cup

sweet potato, no salt, baked

6 Cup(s)

tomatoes

1.5 Cup(s)